



**Make the most of your
State of Rhode Island
Anchor medical plan benefits**



Your State of Rhode Island Anchor medical plan

offers programs and services to help you feel your best, physically and emotionally. Read on to learn more about available resources.

For more information

on the programs listed in this guide and to learn more about your State of Rhode Island benefits, visit employeebenefits.ri.gov.

Health and Wellness

It pays to get healthy

Annual Preventive Exam Incentive

Receive an annual preventive exam in 2022 and earn \$250 in credits that will be automatically applied to your bi-weekly medical plan premium (your co-share) on five consecutive pay days during the second half of 2023. You can earn an additional \$250 in credit toward your co-shares if your spouse or domestic partner receives an annual preventive exam in 2022.¹ An annual physical exam, annual gynecological exam, or prenatal obstetric exam all qualify for the incentive.

Rewards for Wellness 2022 - 2023

This unique program makes it easier to get the care you need—and rewards you for doing it. As a State employee, you can earn up to \$500 in wellness credits by participating in a variety of activities of your choosing.² Incentive credits will be delivered on ten select pay days during the first half of 2023.

Find out how you can use Virgin Pulse and Wellbeats to earn wellness credits.

Earn wellness credits by participating in Virgin Pulse

As part of the State's Rewards for Wellness program, you can complete activities through Virgin Pulse and earn wellness credits—up to \$200 per year, plus an additional \$50 for completing the health check. These credits will be applied automatically to your bi-weekly medical plan premium (your co-share) in 2023.

There are many ways to earn points, including:

- Reading your daily cards
- Completing a health check
- Tracking healthy habits
- Joining a Challenge
- Complete a Journey
- Exploring Wellbeats

You can find more ideas under How to Earn in Virgin Pulse.



How to get started with Virgin Pulse

1. **Download** the Virgin Pulse app or visit myBCBSRI.com to sign up.
2. **Register** your account.
3. **Select** Blue Cross & Blue Shield of Rhode Island as your sponsor.
4. **Call** the Virgin Pulse team at 888-671-9395 if you need help with registration.





Earn wellness credits by participating in Wellbeats

Wellbeats offers more than 1,000 online, on-demand fitness, nutrition, and mindfulness classes—designed for every age, interest, and ability. With Wellbeats, you'll also enjoy:

- **30+** goal-based programs
- **70+** healthy recipes
- **Personalized** recommendations and workout plans
- **Fit tests** to track your progress
- **A virtual group** feature so you can invite friends to scheduled classes



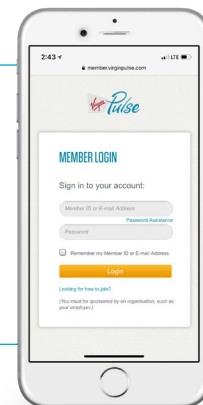
DID YOU KNOW?

Wellbeats classes are included with your State of Rhode Island medical coverage, so there's no additional cost for you to enjoy them.

Plus, Wellbeats classes qualify for points toward your quarterly Rewards for Wellness incentive!

How to get started with Wellbeats

1. **Log in** to your Virgin Pulse account
2. **Click** on Benefits
3. **Click** View All
4. **Select** Wellbeats
5. **Create** a quick member profile



Chronic Condition Management

BCBSRI Care Management Programs*

When you are diagnosed with a chronic health condition, it's understandable to feel frightened or even overwhelmed.

Blue Cross & Blue Shield of Rhode Island (BCBSRI) Care Management Programs offer tools and support to help you understand your condition, learn how to manage it as effectively as possible, and work with your doctor and other care team members—all of which can provide some valuable peace of mind.

Programs are available for members with asthma, diabetes, and congestive heart failure (CHF) as well as individuals with cancer or those who are candidates for a transplant or bariatric surgery. Each program is run by a skilled and compassionate team of nurses and other care specialists who can address your specific health needs and concerns.

How to get started with BCBSRI Care Management Programs

Contact the **State of Rhode Island Employee CARE Center** at **(401) 429-2104** or **1-866-987-3705** and ask to speak with a care manager.





Livongo*

A new approach to diabetes management, the Livongo program combines advanced technology with digital coaching to support individuals with diabetes and/or hypertension. Livongo is a self-managed program and does not replace physician-directed medical care. The program includes:

- **Connected devices** - Depending on your health goals, you could receive a free blood glucose meter, blood pressure monitor, and/or smart scale. Plus, the devices can send readings to your private account on an easy-to-use app.
- **Support when you need it** - Expert coaches are available to answer questions on nutrition, medications, or anything else related to your health.
- **Digital behavioral health support** - Get 24/7 access to practical tips and techniques that can help you better manage stress, sleep, anxiety, depression, and more.

***Both BCBSRI care management services and the Livongo program are available at no added cost to Anchor medical plan enrollees who meet specific health criteria.**

How to get started with Livongo

Visit employeebenefits.ri.gov for more details or contact the **State of Rhode Island Employee CARE Center** at **(401) 419-2104** or **1-866-987-3705** to learn how you may qualify.

Mental health resources

Mental health refers to our overall emotional, psychological, and social well-being. BCBSRI and its network of providers can help you manage many mental health and substance use concerns, including anxiety disorders, depression, eating disorders, and substance use/disorder.

For more detailed information

on available mental health resources, visit

bcbsri.com/employee/member/mentalhealth.

Comprehensive care options

BCBSRI offers an extensive list of services and benefits to meet the needs of members with mental health and substance use disorder issues. These resources can help provide—or connect you with—treatment and support.

Your primary care provider

Your Anchor medical plan does not require you to get a referral for outpatient counseling and medication services. However, if you or someone you care for may benefit from psychotherapy or another form of mental health and/or substance use disorder treatment, the best place to start is with a primary care provider (PCP). Discuss symptoms with your PCP and ask for a recommendation.

Case management

Independently licensed mental health and substance use disorder professionals work with individuals and coordinate care with your team of providers to get you access to the resources and services you need. They also review any medications you are taking and make sure you understand what they are for and how to take them. Call **1-844-427-2205**.

BCBSRI Doctors Online

BCBSRI Doctors Online makes it easy to visit a therapist or psychiatrist on your smartphone, tablet, or computer. Talk with a healthcare professional from your home or almost anywhere. Search “BCBSRI Drs. Online” from the App Store or Google Play* or visit **drs-online.com**.

How to find a provider

Log in to your myBCBSRI account and search Find a Provider or call the **State of Rhode Island Employee CARE Center** at **(401) 429-2104** or **1-866-987-3705**.



Employee Assistance

Beacon Wellbeing

Beacon Wellbeing is an employee assistance program (EAP) that provides 24/7 support for many of life's most significant challenges, including:

- Marital and family concerns
- Managing anxiety and depression
- Child and elder care issues
- Substance use concerns
- Stress management
- Financial planning and legal issues

Beacon Wellbeing services

include counseling, professional referrals, and online tools and resources.

- There is no charge to use any EAP service
- All state and federal privacy laws are observed

The EAP is available to you, your dependents, and all members of your household—even those who are not enrolled in your Anchor medical plan.

How to get started with Beacon Wellbeing

There are two ways to access services.

- 1. Visit** the Beacon Wellbeing website specifically for State of Rhode Island employees at: stateofrhodeisland.mybeaconwellbeing.com
- 2. Call** the **State of Rhode Island Employee CARE Center** at **(401) 429-2104** or **1-866-987-3705** and select option 2 to reach a Beacon Wellbeing representative.

Resources

State of Rhode Island Employee CARE Center

If you have a question about your medical coverage or an available program or service, you can call the **State of Rhode Island Employee CARE Center**. Based in Rhode Island, the team is well-versed in every aspect of your medical plan and can help you:

- **Get answers** to your medical coverage questions
- **Learn how** to maximize your benefits
- **Manage conditions** and coordinate care
- **Use digital tools** and resources

How to get started with the CARE Center

Call **(401) 429-2104** or **1-866-987-3705**.

Representatives are available Monday – Friday, 8:00 a.m. – 8:00 p.m., and Saturday, 8:00 a.m. – noon.

myBCBSRI

Your myBCBSRI account lets you quickly check benefits, review claims, and much more—on the app or on the website. With one log-in for the app and website, you can:

- **View** your BCBSRI benefits
- **Select or update** your primary care provider (PCP)
- **Find doctors and labs** in your health network
- **Compare costs** for medical tests and procedures
- **Review** detailed claims data
- **See** your digital member ID



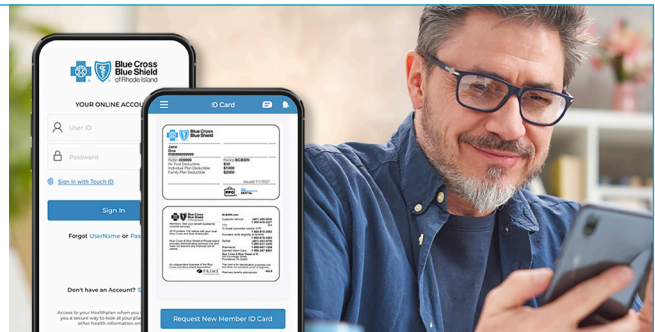
REMINDER:

If you are new to myBCBSRI, you can earn co-share credits through the State's Rewards for Wellness program when you create your account.

How to get started with myBCBSRI

Visit myBCBSRI.com to create your account. Be sure to have your BCBSRI member ID handy.



If you'd like to use the myBCBSRI app, download it from your favorite app store and start using it with your current myBCBSRI log-in.



¹Only active State of Rhode Island employees who are paying State medical co-share premium payments at the time of the incentive payout(s) are eligible to receive co-share credit incentives. To receive \$250 in credits for a spouse's annual preventive exam, the spouse must have been covered as a dependent on the employee's family plan both when they received a qualifying annual preventive exam and when the incentives are paid out. Credits will be delivered over five consecutive paydays in the second half of 2023 (9/1/23, 9/15/23, 9/29/23, 10/13/23, 10/27/23). More program details are available at employeebenefits.ri.gov/wellness and from your Wellness Champion.

²Participants can earn a maximum of \$500 in co-share credit incentives per year through the Rewards for Wellness program.

Virgin Pulse® is an independent wellness company, contracted by Blue Cross & Blue Shield of Rhode Island to provide wellness services.

  *Standard mobile phone carrier and data usage charges apply. Apple, the Apple logo, and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Android and Google Play are trademarks of Google Inc.

**IT'S WHAT
WE LIVE FORSM**



**Blue Cross
Blue Shield**
of Rhode Island

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